



2010 FOOTBALL RULES

BAYAA

Brawley Area Youth Athletic Association
Lake Norman Elementary
Mt. Mourne Elementary
Woodland Heights

LYAA

Lakeshore Youth Athletic Association
Lakeshore Elementary
Shepherd Elementary

SCAA

Shepherd Community Athletic Association
Shepherd Elementary

TYAA

Troutman Youth Athletic Association
Troutman Elementary

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1. Scheduling:

- a. The LAYAC football league shall consist of 1 or more conferences composed of the "Junior Varsity (JV)" league, a "Varsity" league.
- b. The regular season and the playoff schedule will be the responsibility of the Football Coordinator committee who will be elected by the LAYAC board. (Up to Three representatives from each participating Association)
- c. LAYAC football coordinator committee will facilitate reschedules and rain-outs in accordance with each association.
- d. Regular season conference standings will determine playoff seeding.
 - i. Tie Breakers:
 1. Head to Head winner
 2. Coin toss will be used if Head to Head process does not yield a result. (Coin toss to be held by Football Coordinator committee at the playoff seeding meeting after last regular season game.)
- e. All schedule conflicts must be addressed at the Football Coordinator Committee meeting in August.
- f. Football schedule will be finalized first week of September.

2. Practice:

- a. Practice may begin on the first Monday in August for all leagues.
- b. No man to man contact is allowed, for any player, until he/she has completed 6 hours of conditioning.
- c. Week one (1) helmets only may be worn.
- d. Week two (2) full contact, full pads.
- e. No more than three (3) practices per week with a two (2) hour limitation per session, per day.
- f. A scrimmage is considered practice time. It too shall not last more than two (2) hours.
- g. After first game, practices will be limited to two (2) per week with a two (2) hour limitation per session.
- h. One additional practice is allowed on bye weeks.

3. Participation Requirements:

- a. Every player must play 5 plays per half.
- b. Special teams count as playing time.
- c. All players must attend at least nine (9) scheduled practices to be eligible to play in his/her first game. Three (3) of those practices in pads and full contact)
- d. To be eligible to participate in subsequent games, a player must attend one (1) practice session during the week preceding the games, unless excused by the coach in the event of injury, illness, or player's personal circumstance that prevents him/her from practicing.

4. Eligibility:

- a. New Players must play for a team which represents the school district that they live in ***and/or attend***.
 - i. If there are too few participants from a school to field a team, participation with the next closest school association is allowed.
 - ii. Players participating in the 2005 season are grandfathered.
 - iii. No other exceptions are allowed.
- b. Age Requirements: (See attached age chart)
 - i. JUNIOR VARSITY LEAGUE:
 1. To be eligible for Junior Varsity football, child must be 8 but cannot be 10 by August 1st of current year.
 - ii. VARSITY LEAGUE:
 1. To be eligible for Varsity football, child must be 10 but cannot be 13 by August 1st of current year.
 2. If child plays on a middle school football team, he/she cannot play for any LAYAC recreational league football team.
 3. Any child in 7th grade wanting to play will be under the discretion of the LAYAC Board with regards to eligibility.
- c. A copy of participant's Birth Certificate and legal address of participant's parent or guardian must be verified by the Football Coordinator Committee before 1st game.
- d. Head Coaches that allow any players that are deemed unqualified to play will face disciplinary action. Disciplinary action for both Head Coach and Player will be determined by Football Coordinator Committee. Decision is final and no appeals will be allowed.
 - i. Rule applies to age requirements and district requirements
- e. All kids that meet the eligibility requirements must be offered a chance to play.
- f. Weight requirements: (See Weigh – In procedure)
 - i. JV LEAGUE:
 1. Eligible ball carriers may not weigh over 90 pounds.
 2. Players over 90 pounds must play on the line on offense and defense and must be in a 3 or 4 point stance.
 3. Players over 90 pounds will be marked with tape on helmet.
 - ii. Varsity LEAGUE:
 1. Eligible ball carriers may not weigh over 125 pounds at initial weigh in.
 2. Players over 125 pounds must play on the line on offense and defense and must be in a 3 or 4 point stance.
 3. Players over 125 pounds will be marked with tape on helmet.

5. Weigh – In Procedure:

- a. The LAYAC Football Coordinator Committee will announce official weigh-in date and time prior to the first game.
- b. All participants must weigh-in prior to the first game, at the official weigh-in, to be eligible to play in that football season. If the participant cannot make the weigh-in prior to the 1st game, he/she must be weighed in before he/she can participate in a game.
- c. Football Coordinator Committee will appoint the Weigh-in Committee.
- d. All teams participating are to show up at their assigned weigh in times with:
 - i. A complete numerical order roster and birth certificates for each participant.
 1. Roster must contain
 - a. Participant's Name
 - b. Participant's Uniform Number
 - c. Participant's Date of Birth
 - d. Participant's Grade
 - e. Valid Permanent Address (P.O. Boxes are not allowed)
 - f. School attending
 - g. Weight
 2. Master roster will be put in Roster Notebook and will be kept in the announcer's booth throughout the year.
 - ii. Failure to comply with assigned time or roster requirements will result in forfeiture of 1st game. The score of a forfeited game shall be 1-0 in favor of the offended team.
- e. **Minimum attire allowed for weigh-in is athletic shorts. No undergarments are allowed.**
- f. Participants official weight will be recorded the 1st time he/she steps on the scale. This will be the participant's weight through the remainder of the season. There will not be a 2nd chance to step on the scales
 - i. No weight challenges or re-weighs will be accepted.

6. Eligibility Protest: (Age & District Only)

- a. Protests involving judgment calls by an official or referee will not be considered.
- b. Any Head Coach can protest a participant's age and district.
- c. The Football Coordinators Committee will serve as the protest committee.
- d. The Protest Committee shall have the full authority to rule on any protest brought before the committee, as long as:
 - i. A formal protest is filed within **30 minutes** by the head coach of the offended team to a LAYAC Football Committee member or site Director.
 - ii. A \$50.00 check accompanies the protest. Payable to LAYAC.
 - iii. The Protest Committee receives, within 72 hours of the protest, the written protest and a \$50.00 check from the member association.
- e. Once the Protest Committee receives a protest, the committee shall contact all parties involved to schedule a meeting. All parties involved must receive a **24**-hour notice of the scheduled meeting.
- f. A protest may only be filed for violation of age or district.
- g. A valid birth certificate and current utility bill under the name of a legal guardian must be presented at protest committee meeting.
- h. A protest will not be considered or heard if the \$50.00 protest fee is not in the hands of the Protest Committee.
- i. All protests upheld by the Protest Committee will result in a refund of the \$50.00 protest fee.
- j. Upheld protests will result in a single game forfeiture, removal of the head coach or both.
- k. All decisions of the Protest Committee involving protests shall be final. No appeals may be made to the LAYAC board concerning the outcome of a protest hearing.

7. Playing Rules:

a. GENERAL RULES:

- i. JV league field will be eighty (80) yards long.
- ii. Varsity league field will be one hundred (100) yards long.
- iii. Games will consist of four (4) eight (8) minute quarters.
- iv. Halftime will be ten (10) minutes in length. Referees and site directors will have authority to shorten game in order to speed play.
- v. Any team not ready after halftime to begin play will be penalized 10 yards at the start of the half.
- vi. Penalties will be assessed according to NCHSAA guidelines.
- vii. Scoring will be as follows.
 1. Touchdown – 6 points
 2. Run point-after-touchdown – 1 point.
 3. Kicked point-after-touchdown – 2 points.
 4. Pass point-after-touchdown – 2 points.
 5. Field Goal – 3 points.
- viii. PLAY CLOCK: 30 second play clock will be enforced for all Leagues.

ix. MERCY RULE:

1. A team behind more than sixteen (16) points shall always receive in a kickoff situation.
 2. A thirty (30) point deficit will result in a running clock (no called timeouts) with no additional scoring (or) end-of-game, at the losing coach's discretion.
- x. OVERTIME: In the event of a tie, the following should occur at one end of the football field.
1. Coin toss to determine who will get the ball.
 2. No timeouts will be allowed.
 3. First Attempt:
 - a. The ball will be placed on the 10 yard line.
 - b. Each team has four (4) downs to attempt to score.
 - a.) If no score, the ball is turned over on downs to the other team.
 - b.) If there is a score, an extra point is attempted.
 1. One (1) point for run (*Varsity and Middle only*).
 2. Two (2) points for a kick or a pass.
 4. Second Attempt (If the score is still tied.):
 - a. The ball is placed on the 7 yard line.
 - b. Repeat b. above
 5. Final Attempt (If the score is still tied.):
 - a. The ball is placed on the 5 yard line.
 - b. Repeat b. above
- xi. COACHES: Each team is allowed one (1) head coach, four (4) assistant coaches. Coaches must be in team attire.

COACH ON FIELD: One coach in the JV league is allowed on the field during the game to call plays and to help align players in correct position. Once in place the coach must move back and cannot coach players while play is in process.

1. Coaches must not try to officiate or try to influence the game.
2. After one (1) warning coach will be asked to leave the field and remain on the sidelines.
3. Another coach may replace the original coach.

xii. CLOCK OPERATION:

1. Clock will operate per NCHSAA clock rules and guidelines.

b. KICKOFFS

- i. Kick offs will be made from the forty (40) yard line of the kicking team.
- ii. Receiving team can not be closer than ten (10) yards from the line of scrimmage.
- iii. On-side kicks are permitted by trailing team only.
- iv. The kicking team can recover a muffed ball by the receiving team. A muffed ball can not be advanced by the kicking team.
 1. A muffed ball is an unsuccessful attempt to catch a kickoff with a touch of the ball occurring in the process
 2. The Officials may blow any muffed ball dead if it is deemed that a collision may occur in attempting to recover or down the ball.

c. PUNTS

- i. All Punts at the Varsity level are live.
- ii. All Punts at the JV level are Dead Balls and must be declared to officials. No returns.
 1. Offense - Kicking Team
 - a. Offense must be in a punting formation. No movement.
 - b. Ball must be snapped in normal long snap position
 - a.) Kicker must kick the ball from the point where he gains control of the ball.
 2. Defense – Receiving Team
 - a. Defense must be in punt return formation.
 - a.) No more than two (2) men deep to receive.
 - b.) All others on the line in a down position until the ball is punted
- iii. Spotting of the ball:
 1. Where the ball comes to rest
 - a. Where it rolls to.
 - b. Where receiving team catches or stops the ball.

d. OFFENSE

- i. Any backfield formation is allowed so long as there are at least two (2) backs in the backfield between the tackles. This may include the quarterback.
- ii. Must be seven (7) players on the line of scrimmage with a balanced line. Ends must be on both sides of the ball.
- iii. No motion is allowed at the JV level. Motion is allowed at the varsity level as long as requirement "i" is met.
- iv. TAPED PLAYERS: *Offense*
 1. If ball is received by any players marked with tape the play will be considered an incomplete pass.

e. DEFENSE

I. Junior Varsity

- i. Any alignment is allowed so long as there are no more than six (6) players within three (3) yards of the line of scrimmage. (10 yard penalty)
 1. Must have a nose guard or line up in the center/guard gaps. Not both.
 2. Crashing the center is not allowed.
 - a. A personal foul will result on the defense.
- ii. Inside your five (5) yard line, a maximum of eight (8) defensive players may be within three (3) yards of the line of scrimmage.
- iii. Any lateral movement by the defense is OK.
- iv. There is No Blitzing at the JV level. (10 yard penalty)
- v. TAPED PLAYERS: Defense
 1. If any players with marked tape intercept a pass, the ball will be marked down at that point. Intercepting team takes possession of the ball
- vi. Corners are allowed to play up on wide outs.

II. Varsity

- i. All varsity defenses can play per the NCHSAA guidelines.
- ii. TAPED PLAYERS: Defense
 1. If any players marked with tape intercept a pass, the ball will be marked down at that point. Intercepting team takes possession of the ball.